

NEWSLETTER—THE SECRET DISCUSSION GROUP

WELCOME TO THE SECRET DISCUSSION GROUP A FORUM FOR LIKE-MINDED PEOPLE TO DISCUSS THE PRINCIPLES AND PRACTICES OF THE SECRET

We are really pleased to be putting together the second edition of our newsletter—it supports the growing interest in the practices and principles of The Secret and the Laws of Attraction.

During the last month we have had some interesting discussions and presentations. Lori gave us an excellent guide to a different type of mind-mapping—one that can be utilized in many ways.

Vision boards were also the topic of discussion and Carol kindly bought her vision board in for “show and tell”. Vision boards can be many things but the important thing is, if you haven’t started one—why not give it a try and see where it takes you!

We were also privileged to have a talk about Neuro Linguistic Programming by Wendy Wilson. NLP is a widely used tool in many disciplines and as Wendy affirmed, it can have excellent results. If this is something that you are interested in, there are many useful web sites on the subject.

The final meeting for this year will be on November 29th and it will be our Christmas Get-together. Members are asked to bring a plate. We will return once again on January 24th 2008 and fortnightly thereafter. As this will be our last meeting, we look forward to seeing everyone. During the break, any enquiries should be forwarded to the newsletter@thesecretaustralia.com or by the contact numbers on the back page.



The web site has a new look, again thanks to Eric and Lori for their expertise in this area.

The web site address is :

www.thesecretaustralia.com

and contributions to the news letter should be emailed to :

newsletter@thesecretaustralia.com.

THE MAGICIAN'S WAY—RECOMMENDED READING

The book, *The Magician's Way*, is written by William Whitecloud and is “a stunning narrative that helps us understand how strongly our values influence what happens to us in life. Its lessons in the age old secrets of practical magic come through in a totally entertaining way, shrouded in a fascinating story”. If you have read *The Celestine Prophecy* and enjoyed it—then you will almost certainly enjoy *The Magician's Way*.

It is an intriguing read that challenges one's ingrained logic—like how to push a straw through a potato for example. Whether this is a true experience or a work of

fiction, I have yet to decide but I will definitely ponder the straw through the potato!!!

It teaches you to question how you are living your life and encourages you to live life from your heart and your intuition—not from past experiences, judgment or assumptions. Further information can be found on their web site which is www.magiciansway.com

We also have copies available for loan courtesy of our informal lending library—just ask at the next meeting!

THE MAGICIAN'S WAY

Recently, four members of the Secret Discussion Group attended an information evening presented by Darren Eden of The Magician's Way.

Darren explained that the workshops run by the organization promise to put magic back in our lives through using our intuition.

During the course of the evening he gave two examples of how this can happen. The first demonstration called for a volunteer to come on to the stage—and Tony very obligingly put his hand up. His task was to make a fist, bend his arm to make a "v" shape and then resist Darren's attempts to move Tony's fist towards his shoulder. With some degree of effort—Darren did this. The next part of the demonstration required Tony to imagine a beam of light coming from his fist whilst assuming the same pose and again, Darren attempted to move Tony's fist towards his shoulder. This time however, the end result was completely different—Darren did not

succeed despite his best efforts! It is difficult to explain why this happened but it highlighted one of the tools that The Magician's Way use to improve the magic in our lives! Very intriguing!

The second demonstration was in two parts. Darren explained that we all operate from a position of past experiences. To demonstrate this, again a volunteer was called for and this time, I put my hand up (much to my surprise!). Darren drew an imaginary circle around me as I sat on the stage and called it the Circle of Past Experiences. He then "invited" everyone in the audience to mentally step into my circle and "tune in". Feedback was then provided by the audience as to what they ascertained from the Circle of Past Experience. That circle was then erased and another imaginary circle drawn around me which represented my Powerful and Eternal self. Once again, members of the audience were asked to mentally step into the circle with me once more and

then provide feedback.

It was very interesting to be at the receiving end of the "readings" - considering that I knew very few people in the audience, there were some amazingly accurate perceptions from the first circle and the second circle was just amazing—I received a lot of inspiring and beautiful comments. I particularly liked the comment where someone saw me with lots of airline tickets in my hand—yippee—bring it on!!!

We then broke up into small groups so that everyone present participated in the same exercise and without exception, there were some very impressed people!

The Magician's Way is running a three day intensive workshop in Perth at the end of November—details can be found on their web site :

www.magiciansway.com

AND THANKS TO.....

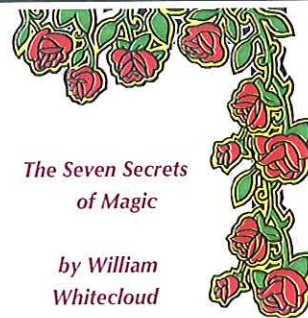
At some point, we all need to take time to acknowledge those people that are instrumental in getting this Secret Discussion Group off the ground.

First cab off the rank for recognition has to be Tony Flurschein. Not only does he make a fantastic venue available to us, he has proven a very punctual time keeper dinging the bell to keep us on track. Tony works diligently in the background to make things happen—so thank you to Tony.

And Matthew has taken up the onerous task of keeping us all informed and up to date with our meetings. By sending out emails to Secret Group Members, it enables those that are unable to attend to keep up to date with where we are at. He sends out a timely reminder of the next meeting and Agenda—so thanks Matthew—we really appreciate it.

And of course, a big pat on the back to everyone who attends because without members coming along on a Thursday, there would be no

Secret Discussion Group!!! Why not bring a friend and share the experience!!!



*The Seven Secrets
of Magic*

*by William
Whitecloud*

*Your thoughts & feelings aren't
real*

Your focus creates your reality

Everyone has a heart

*There is never anything to do,
but always action to take.*

Structure has integrity

*You get your energy from a
higher source*

It takes will

Cambridge Conference
Centre is pleased to
present the works of

**Annette Parente
Lynne Cochrane &
Myra Mitchell**

For one night only!!
Friday November 23
6.30 – 9.00 PM
The Apollo Room

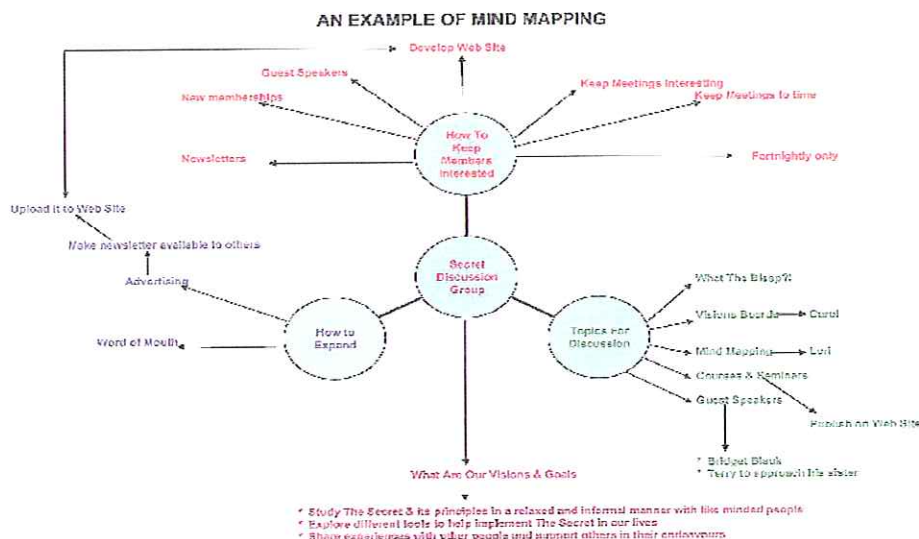
Cambridge Forum
350 Cambridge Street
Wembley

For further information
please contact :

myramdesigns@bigpond.com



USEFUL TIP— MIND MAPPING



MIND MAPPING

During one of our meetings Lori gave us a very interesting talk about her techniques for mind mapping. Lori said that she has been using this particular tool for many years and has them for the many different areas in her life.

The above example relates to the Secret Discussion Group but it is just that—an example. It can be readily adapted to suit anyone’s particular circumstances—including problem solving.

It provides a tool for making sense of one’s goals and directions and is much like the brainstorming sessions that are widely used in management meetings.

The applications of this particular style of mind mapping are endless. By committing ideas to paper, it simplifies the steps required to get from point A to point B in a person’s life and gives the steps required to get there.

This can also form the basis of just simply taking stock in your life by mapping out the areas of your life where you have achieved certain goals and ambitions and can even be used to highlight areas of gratitude.

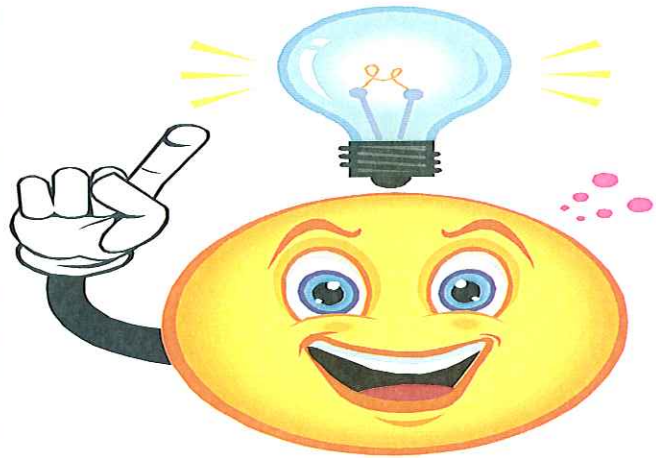


Every picture tells a story :
 Kevin is very keen to share his method of seeking answers with the Group and can be seen demonstrating his skills to Jan
 ←
 L-R Raelene, Tony and Stella during one of our lively discussions. →

TIPS CORNER

- 1 Lipstick on the mirror!
- 2 Mind mapping
- 3 Vision boards
- 4 Gratitude Journal
- 5 Pictures on the fridge

Got any ideas you want to share!!!! Let us know!!!



INSTRUCTIONS ON HOW TO ACCESS THE WEB SITE FORUM

1. Access <http://www.thesecretaustralia.com>
2. Click on login (see below)
3. Select "I agree to these terms"
4. Fill in the details required (see below). Replace happy and myemail@iinet.net.au with your details.
Choose a password (between 6 and 30 characters).
5. Click on submit when you are ready to submit the form
6. You will now receive an 'activation required email' – check your email program
7. Double click on the activation link (see below)
8. Your account has now been activated (see below)
9. Click on Board index
10. Click on login
11. Enter your access details (refer to your activation email)
POST A MESSAGE
12. Click on a forum category
13. Click on new topic (for instance Anything)
14. Select a subject

Contributions to the monthly newsletter are invited—email to newsletter@thesecretaustralia.com.
Suggestions for future meeting topics and / or presentations are also very welcome.
Bring-a-friend—let's keep The Secret and The Laws of Attraction happening for others as well.

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Suite 17 & 18 Cambridge Forum

350 Cambridge Street, Wembley

Web : www.cambridgeconferencecentre.com.au

To access location details.

Meeting Dates : Nov 29

Times : 6.30 pm registration—7 pm start